

KCRFU Mini Festival



UNDER 7s RULES OF PLAY (Tag Rugby)

All participating players must be registered via GMS in accordance with RFU regulation 15.1.4 [Log in | Game Management System](#)

Maximum team size is 6 (4 on pitch and 2subs)

The half game rule must be adhered to for all games. [Half Game Rule | Rugby Football Union](#)

Players and match officials must ensure that the following Rules of Play and [RFU Regulation 15](#) are observed when playing at Under 7.

These Under 7s Rules of Play set out below are part of the Playing Pathway that aim to equip players with the skills they need to safely enjoy rugby union. The Age Grade Rules of Play detail the level to which children of each can play to, coaches and match officials are encouraged to discuss necessary or desired pre-game and in-game modifications that reduce the playing level with the view to provide more appropriate learning opportunities.

Any terms defined in these Rules shall have the meanings set out in the World Rugby Laws of the Game.

The key elements of the Under 7s Rules of Play are:

- Team numbers: a maximum of 4-a-side
- Maximum pitch size: 20 metres x 12 metres
- Ball Size: 3
- Maximum minutes each half: 10

- Scoring: Players not permitted to go to ground to score tries
- Play can continue from a knock-on
- No tackling
- No kicking, scrums or lineouts

Here's a concise summary of the Under 7s Tag Rugby rules, with a link to the full RFU Regulation 15:

Tag Rugby for U7s focuses on safety, skill development, and non-contact play. You can read the full regulation [here](#).

Key Rules for Under 7s Tag Rugby

1. Objective & Safety

- Score by grounding the ball on/behind the goal line.
- Indoors or tight spaces: crossing the goal line counts as a try.
- No diving to score; players must stay on their feet.

2. Teams & Substitutions

- Max 4 players per team on the pitch.
- Rolling subs are allowed when the ball is dead, with referee approval.
- Coaches stay off the pitch during play.

3. Pitch Dimensions

- Max size: 20m x 12m + 5m in-goal areas.
- Can be reduced if safe; pitches must be 5m apart.

4. Passing

- Only backward or sideways passes through the air.
- No handing the ball to teammates.

- Forward passes = free pass to opponents unless advantage applies.

5. Free Passes

- Used to restart play after infringements, tries, or when the ball goes out.
- Passer must start with both hands on the ball; no running until the ball is passed.
- Opponents must be 3m back.

6. Tagging

- Players wear belts with 2 visible tags.
- Only ball carriers can be tagged.
- Ball must be passed within 3 seconds of being tagged.
- Tagged players must retrieve their tag before rejoining play.
- Taggers must shout "Tag", return the tag, and not interfere until it's returned.

7. Offside

- Offside line is through the ball at the time of the tag.
- Tagger's offside line is 1m behind the ball.
- Offside players must not interfere with play.

8. Ball on the Ground

- Players must stay on their feet; no diving to recover the ball.
- Accidental knock-ons are not penalised unless forward.

9. Infringements

- No tackling, kicking, hand-offs, fending, or deliberate contact.
- Only tag removal is allowed.
- Foul play results in a free pass to the non-offending team.